

## Addiction

Addiction is an extraordinary word. How a person interprets the word, shapes the overall meaning of it. The true meaning of addiction according to the Oxford Dictionary is “The state or condition of being dedicated or devoted to a thing, esp. an activity or occupation; adherence or attachment, esp. of an immoderate or compulsive kind.” The word addiction originates from the late 16th century, it denotes a person’s inclination or proclivity. The Latin form is *addictio(n-)* from *addicere* ‘assign’. To many, the meaning of addiction is simply someone being overly attached to something.

Whether it be a material item, food, or a living thing it does not matter, addiction is addiction. Most kinds of addiction are bad no matter what you are attached to. If you are an addict to something you have to change your thinking before you can truly get over it. Once you have gotten over a bad habit it can always come creeping back into your fragile mind.

Most kinds of addiction are harmful, not even the origin can change that. “Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine, or idealism.” - C.G. Jung. It does not have to be a physical object to count as an addiction, you could simply be addicted to a thought. Many people are addicted to something. In fact addiction has gotten so big that they have made numerous television shows on the topic. A lot of people do not take addiction seriously until it happens to them or someone close to them.

Many say that addicts brains are wired differently. That is why some do not understand why people are not able to quit their addiction. Although that is a compelling argument, that is not what I believe. I think that all addictions no matter how big or small take time to shut out. Like Santosh Kalwar states “We are addicted to our thoughts. We cannot change anything if we cannot change our thinking.” It requires a lot of work to overcome something that big.

Overcoming an addiction goes hand in hand with keeping your habit at bay. Even though you conquer your addiction one day, it can come racing back at any minute. “Every habit he’s ever had is still there in his body , lying dormant like flowers in the desert. Given the right conditions, all his old addictions would burst into full and luxuriant bloom.” -Margaret Atwood. Any item can make your addiction resurface. For example, a word or thought, depending on how intense your addiction is, can make it hard to keep it contained. Some believe that people are able to quit cold turkey, but to me that is close to impossible. Any person that can quit abruptly has to have immense willpower and self discipline.

I said before that many addictions are harmful to their hosts, but addictions can also be helpful. Some habits can take over other heinous activities. People are always prone to think that if someone has an addiction they need to find help right away, which is correct depending on the problem, but that is not always the case. If someone used to enjoy graffiti and eventually fell in love with decorating cakes, the hobby of decorating cakes could permanently shut out the graffiti habit. Not all addictions are wounding.

To conclude, people can be addicted to anything. These addictions are not always harmful if you can control them the right way, and some can take over others. It takes a lot of willpower to overcome heinous addictions and it is almost never easy. Finally, I believe everyone is addicted to something, it is just that some addictions are much more extreme than others.

## Works Cited

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